

MARINATED CHICKEN WITH ROOT VEGETABLES

This recipe includes a base marinade that can be used with any recipe! Explore by using any vinegar or sweetener of your choice. You can also add 1 teaspoon of a different spice, like paprika, Italian seasoning, cajun, cumin, lemon pepper, or curry too match the flavors you want. There are endless possibilities for a simple and flavorful family favorite!



Ingredients

- 4 chicken quarters
- 1 sweet potato
- 4 parsnips
- 4 beets
- 1 onion

From your pantry

- Mustard
- Vinegar
- Honey or sugar
- Olive oil
- Salt & pepper

Equipment:

- Baking sheet
- aluminum foil

PREPARATION: 40 MIN

COOKING: 50 MIN

READY IN: 90 MIN

MAKES 6 SERVINGS

Directions

Read through entire recipe before getting started.

Wash and dry all produce. Preheat oven to 425 degrees.

1. Mix marinade: Add **3 Tablespoons olive oil, 1 Tablespoon mustard, 2 Tablespoons vinegar, 1 Tablespoon honey/sugar**, and salt and pepper to a large bowl or zip lock bag and mix. Add **chicken** to coat with marinade. Let sit for 40 minutes or up to 8 hours.

2. Prepare vegetables: Remove ends and peel **sweet potato** and **parsnips**, then dice into 1/2 inch pieces. Peel **onion** and cut into wedges. Remove ends from **beets**. If small, leave whole, if large cut into pieces. Drizzle beets with oil and wrap in foil.

3. Place chicken at one end of a rimmed baking sheet, the foil wrapped beets in the middle, and the sweet potatoes, parsnips, and onions at the other end. Drizzle sweet potatoes, parsnips, and onions with a bit of olive oil and sprinkle with salt and pepper, toss to coat.

4. Add baking sheet to preheated oven. Bake for 20 minutes, then remove tray and baste chicken by spooning pan juices over the chicken 3 or 4 times. Return to oven and bake for another 30 minutes or until the chicken is cooked through and browned. *Baste chicken every 10 minutes for ultimate moisture!

5. Remove tray from oven and rub peels off beets before serving. Scoop vegetables onto plates, serve with chicken and pan juices on top. Enjoy!

Tips, Tricks, and Terms

MARINADE OPTIONS.....

Use basic proportions above as a starting point and try these tasty variations!

Teriyaki Marinade:

- Soy sauce
- Maple syrup
- Olive oil
- Garlic
- Ground ginger
- Pepper

Hawaiian Marinade:

- Pineapple juice
- Soy sauce
- Olive oil
- Onion powder
- Dried ginger
- Salt & pepper

Basil Balsamic Marinade

- Balsamic vinegar
- Olive oil
- Dried Basil
- Salt
- Garlic

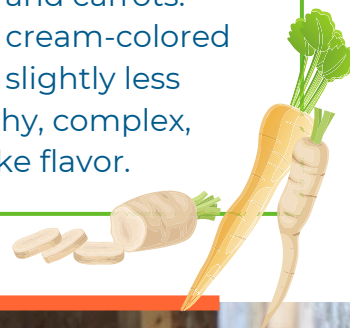
Fajita Marinade

- Olive oil
- Maple syrup
- Taco seasoning
- Onion powder
- Lime juice
- Salt & pepper

A little about...

PAPRIKA: a spice rich in flavor known for its bright red color that comes from a Capsicum peppers like bell peppers and chili peppers. Available in sweet, spicy, or smoked varieties. Try smoked paprika to add a charred note to a dish—great for stovetop recipes or veggies!

PARSNIPS: a root vegetable related to parsley and carrots. Parsnips look like cream-colored carrots and taste slightly less sweet, with a earthy, complex, almost nutmeg like flavor.



GROWER SPOTLIGHT

Lenny Xiong farm is part of a 40-acre plot near Cannon Falls, MN with two other Hmong growers. He grows a wide variety of fruits and vegetables, including strawberries and rhubarb, as well as tomatoes, cucumbers, potatoes, eggplant, and sugar snap peas and dahlias. He uses a tractor and other farm machinery, but does most planting by hand. He sells produce at the Minneapolis Farmers Market every week.

Lenny's carrots, green beans, and garlic are just a few of the delicious items featured in our boxes!



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